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A system of the present invention automatically controls electronic devices based on physiological conditions of a user. In this regard, the system includes a sensor and a controller. The sensor is positioned adjacent to an eye of a user and is configured to detect a physiological response of the user. The sensor is configured to transmit, in response to a detection of the physiological response, a signal indicative of the response. The controller is configured to receive the signal and to control an electronic device based on the signal.